

Resistance Training Guide

What is resistance training?

- Resistance exercise is structured activity meant to increase muscle strength and endurance using resistance including bodyweight, resistance bands, weight machines, or free weights



Training Guidelines

- **Frequency**

- Resistance exercise is recommended 2-3 times per week targeting the major muscle groups

- **Intensity**

- Begin by performing 1-3 sets of 8-15 repetitions. The exercise should be somewhat hard, but achievable

- **Time**

- Complete exercises in a slow and controlled manner. Between sets, rest for 1-2 minutes.

- **Type**

- Resistance exercise can be done using your bodyweight, resistance bands, weight machines, or free weights.

Safety

- Always talk to your doctor prior to beginning a strength training routine.
- Complete a warm-up and cooldown before and after exercise, such as walking, jogging, and stretching for 5-10 minutes.
- Stop exercise if you experience chest pain, extreme shortness of breath, or feel lightheaded or dizzy.
- Remember to breathe throughout the exercise - do not hold your breath.
- Begin with smaller resistance before increasing intensity.
- Do not lock your joints while performing the exercise.
- Engage your core throughout the exercise

Examples of Resistance Exercise

Beginner Resistance Exercises

Wall Pushups

- Stand facing a wall and place your hands on the wall at shoulder height and width apart
- Engage your core by drawing your navel to your spine
- Slowly bend your elbows and lower your chest towards the wall
- Bend until your nose is nearly at the wall, then push yourself back to the starting position in a controlled manner



Lateral Raise

- Can be done with body weight or resistance band
- Stand with your arms at your sides
- Slowly extend both arms out to the side, keeping arms slightly bent. Raise your arms until your hands are at shoulder height.
- Slowly lower both arms.



Sit to Stand

- Begin standing in front of a chair with your feet hip-width apart
- Slowly push your hips back and bend your knees to sit back into the chair
- Sit back until your bottom is in the chair, then stand back up
- Engage your core throughout the exercise



Calf Raise

- Begin standing with your feet hip width apart and your arms at your sides
- Slowly lift up onto your tip-toes, engaging your calf muscles
- Hold for 1-3 seconds, then slowly lower down



Standing Oblique Crunch

- Stand with your feet hip width apart and a weight in one hand
- Place your other hand on your hip
- While engaging your core, bend to the side holding the weight until you feel a stretch in your side.
- Pause and slowly return to the starting position.



Standing March

- Stand with your feet hip width apart and engage your core
- Slowly lift your right knee up towards your chest until it is about hip height
- Hold the position for 3-5 seconds
- Slowly lower your leg and repeat on the other side



Moderate Resistance Exercises

Pushup

- Begin in a plank position on the ground, with your feet together and your hands shoulder width apart.
- Bending your elbows, slowly lower your chest until it is almost touching the ground, then push yourself back up to plank position.
- Engage your core throughout the exercise.



Chest Press

- Lie on your back on the floor or on a bench with a weight in each hand, palms facing out
- Bend your elbows and bring the weight down towards your chest, then press the weights back up to the starting position



Bicep curl

- Stand holding the weight with palms facing forward
- Bend your elbows while keeping them at your sides and bring the weights up to your shoulders
- Lower your arms back down



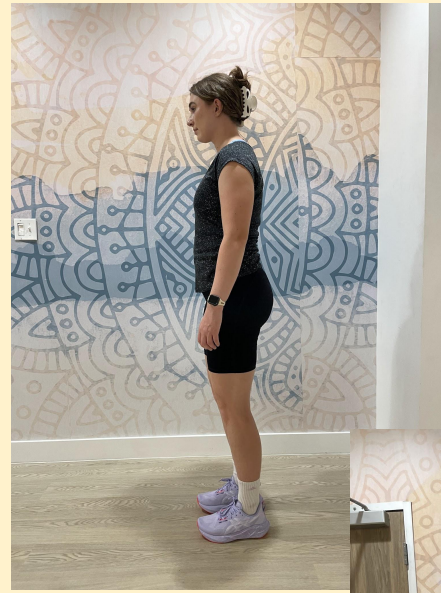
Tricep Extension

- Begin with a dumbbell in both hands, holding the weight up overhead without locking the elbows
- Slowly lower the weight to behind your head, keeping your elbows tucked close to your ears
- Slowly return to the starting position



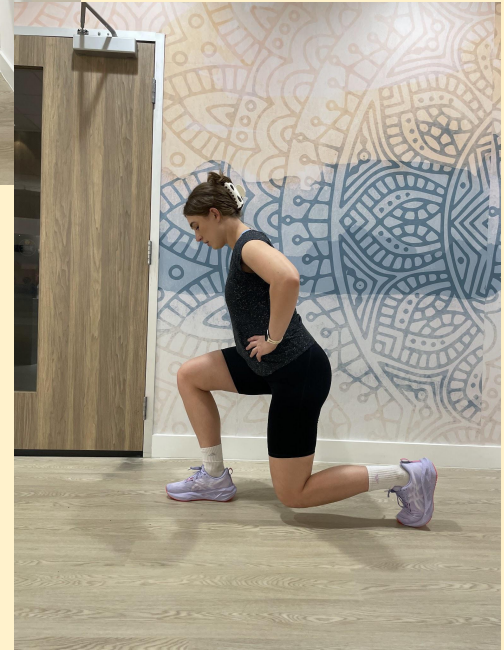
Squat

- Stand with feet hip-width apart and arms slightly out in front for balance
- Slowly send your hips back as if going to sit in a chair, bending at your hips, knees, and ankles while remaining upright and keeping the chest forward
- Stop when your knees reach a 90-degree angle, then slowly stand back up
- May be done with bodyweight or added resistance such as free weights



Lunge

- Stand with your feet hip width apart.
- Take a big step forward with one leg. Lower your body until your thigh is parallel to the ground, making sure your knee is in line with your toe.
- Press into your forward foot to return to the starting position



Hip Hinge

- Start with your feet shoulder width apart and core engaged
- Push your hips behind you while engaging your core and bending at the waist.
- Bend forward until you feel a stretch in your hamstrings. Once you reach that point, pause, then slowly return to a standing position, keeping your back straight and your core engaged.



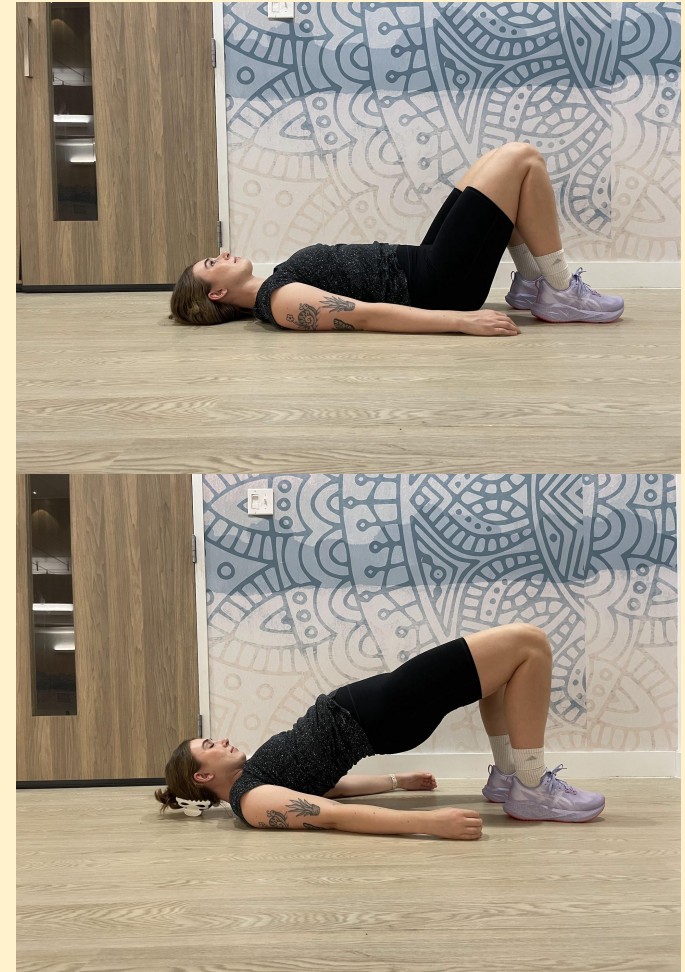
Wall Sit

- Lean against a wall and slide down until you are in a “seated” position
- Keep your back against the wall and your legs at a 90 degree angle
- Hold this position for 30 seconds
- May be performed with bodyweight or with the addition of free weights



Glute Bridge

- Begin lying on your back, legs bent so that your feet are flat on the floor in line with your hips
- Push down through your heels and lift your hips up.
- Pause at the top, and then lower your hips to the starting position



Plank

- Static hold in plank position, with your hands shoulder width apart and your toes together
- To progress, place your forearms on the ground.
- Hold for 30 seconds



Side plank

- Lie on your side with your upper body propped up on your elbow and your legs straight out beside you
- Raise your hips off the floor and engage your leg and core muscles
- Hold for 30 seconds, then switch sides



Dead Bug

- Lay on your back with your arms straight up in front of you and legs up and bent at 90 degrees.
- Engaging your core and pressing your lower back into the floor, simultaneously extend your right arm and left leg until they are just above the floor.
- Return to starting position and repeat on the other side



Advanced Resistance Exercises

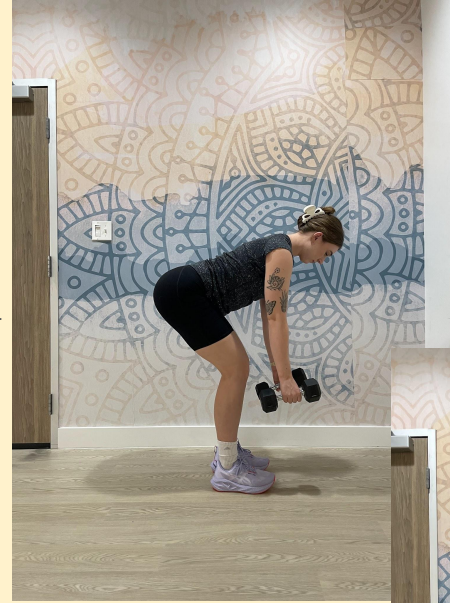
Overhead Press

- Requires dumbbells or a barbell
- Hold the weights just above your shoulders, palms facing out.
- Press the weight overhead, fully extending the arms without locking the elbows
- Slowly lower the weight back to the starting position



Bent Over Row

- With weights or a barbell in hand, palms facing in, hinge at the hips until you are bent at a 90-degree angle with your arms hanging down in front of you
- Engaging your core, pull the weight in towards your navel, keeping your elbows tucked tight to your side and squeezing your shoulder blades together.
- Lower the weight back to the starting position



Deadlift

- Stand with your feet hip width apart and a weight or barbell on the floor in front of you.
- Perform the hip hinge movement and reach for the weights on the ground
- Engaging your core, grab the weights and perform the second half of the hip hinge to pull the weight up until you are back in a standing position
- Ensure your core is engaged throughout the movement and your back remains straight



Hip Thrust

- Begin seated and leaning against a bench with a weight on your hips, feet flat on the floor
- Engage your core and push through your feet to raise your hips until you are in a bridge position
- Pause for 1-3 seconds at the top, then slowly lower to the starting position



Loaded Carry

- Stand with a weight in each hand, arms at your sides
- Engage your core and begin to walk slowly with minimal side-to-side movement
- Walk for 10-20 metres



Inchworm

- Begin standing up. Bend at the hips and place both palms on the floor
- Walk your hands out until you reach a plank position, pause, and then walk your hands back to your feet and stand up again.

